**Sterling Community School**

Breakfast & Lunch Menu

**May 2021**

*Meal Prices:*

Milk (only): $.60

**Breakfast and Lunch are currently available to ALL students**

**for FREE**

*See back of menu for Grab&Go Meal Info*

Fresh Fruits and Veggies served Every Day!

**Staff Meal: $4.00**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **5/3** | **5/4** | **5/5** | **5/6** | **5/7** |
| **Crispy Chicken Patty** | **Mexican Beef &**  | **Meatball & Cheese**  | **French Toast**  | ***LUNCH HERO DAY!!*** |
| **on WG Roll**  | **Cheese Rice Bowl** | **WG Grinder**  | **w/ Sausage** | **Cheese Pizza** |
| Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies |
| Milk | Milk | Milk | Milk | Milk |
| *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* |
|  |  |  |  |  |
| Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: |
| Cereal | Choc. Chip Muffin | Apple Roll | Cinnamon Roll | Cereal |
|  |  |  |  |  |
| **5/10** | **5/11** | **5/12** | **5/13** | **5/14** |
|  **Chicken Tenders** | **Golden Grilled** | **Turkey & Cheese** | **Cheese Quesadilla**  | **Pizza Day!!** |
| **& Waffles** | **Cheese Sandwich** | **Sandwich** | **w/ Salsa** | **Pizza Day!!** |
| Fresh Fruit & Veggies | Fresh Fruits & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies |
| Milk | Milk | Milk | Milk | Milk |
| *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* |
|  |  |  |  |  |
| Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: |
| Cereal | Chocolate Chip Mufin | Apple Roll | Cinnamon Roll | Cereal |
| **5/17** | **5/18** | **5/19** | **5/20** | **5/21** |
| **Sloppy Sloppy Joe** | **French Toast**  | **Roasted Chicken**  | **Popcorn Chicken** | **Pizza Day!!** |
| **on WG Roll**  | **w/ Sausage** | **Garden Salad w/ Roll** | **w/ Mac n’Cheese** | **Pizza Day!!** |
| Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies |
| Milk | Milk | Milk | Milk | Milk |
| *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* |
|  |  |  |  |  |
| Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: |
| Cereal | Choc. Chip Muffin | Apple Roll | Cinnamon Roll | Cereal |
| **5/24** | **5/25** | **5/26** | **5/27** | **5/28** |
| **Cheese Quesadilla** | **BBQ Chicken**  | **Chicken Tenders** | **Spaghetti**  |  |
| **w/ Salsa** | **w/ Brown Rice** | **w/ Waffles** | **w/ Meat Sauce** | NO SCHOOL |
| Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies |  |
| Milk | Milk | Milk | Milk |  |
| *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* |  |
|  |  |  |  |  |
| Breakfast: | Breakfast: | Breakfast: | Breakfast: |  |
| Cereal | Choc. Chip Muffin | Apple Roll | Cinnamon Roll |  |
| **5/31** | **6/1** | **6/2** | **6/3** | **6/4** |
|  | **Crispy Chicken Patty** | **Turkey & Cheese**  | **French Toast**  | **Pizza Day!!!** |
| NO SCHOOL | **on WG Roll**  | **Sandwich**  | **w/ Sausage** | **Pizza Day!!** |
|  | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies | Fresh Fruit & Veggies |
|  | Milk | Milk | Milk | Milk |
|  | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* | *Alt. Sunbutter & Jelly* |
|  |  |  |  |  |
|  | Breakfast: | Breakfast: | Breakfast: | Breakfast: |
|  | Choc. Chip Muffin | Apple Roll | Cinnamon Roll | Cereal |

*Celebrating School Lunch Hero Day*

*on May 7, 2021*

# Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, EASTCONN nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, help us celebrate School Lunch Hero Day on May 7!



***This an equal opportunity institution.***

 